



Construction Safety Seminar



Pouring the foundation: Introduction to mental health safety

Free online discussion • 7 to 9 a.m. • May 17, 2022

About this Construction Seminar

Good mental health is as important as good physical health in keeping workers safe on the job. According to the Centers for Disease Control and Prevention, poor mental health and stress can negatively affect employee:

- job performance and productivity;
- engagement with one's work;
- communication with coworkers; and
- physical capability and daily functioning.

Before you begin to pour a foundation while building a structure, you must test the soil, excavate and prepare the area for the new foundation. When looking at the emotional intelligence of a human being, the approach is the same. We must look at how a person develops the ability to recognize and identify emotion in difficult circumstances to prepare the "soil" for a new approach to mental health safety.

The Construction Seminar series is a great opportunity to get answers directly from Minnesota OSHA Compliance. The seminars are designed to help those who work in the construction industry to re-energize their company's safety and health practices. Attendees have the opportunity to ask questions and offer input during the discussion.



**Trent Williams, president and CEO,
Bearing Point Wellness**

Presenter

- **Trent Williams**, president and CEO, Bearing Point Wellness

An online presentation

- Join by computing device at <https://minnesota.webex.com/minnesota/onstage/g.php?MTID=e9bb1b44432c0378407a98dec86eba02e>.
- Join by phone at 415-655-0003 or 855-282-6330 and enter access code 2497 337 2529.



If you require special accommodation, call MNOSHA Compliance at 651-284-5050 or 877-470-6742.

Construction Safety Seminars



2021/2022 season

- Sept. 21, 2021 – Arc flash, electrical maintenance and PPE
- Nov. 16, 2021 – Lockout/tagout: Communication, contractor's role and responsibilities
- Jan. 18, 2022 – New ANSI standard for mobile elevated work platforms
- March 15, 2022 – The ABCs of fall protection
- May 17, 2022 – **Pouring the foundation: Introduction to mental health safety**



Lorinda Floding
Minnesota OSHA
443 Lafayette Road N., St. Paul, MN 55155



**Introduction to
mental health safety**

Pouring the foundation:

⊗ Safety ⊗ Construction Seminar

Minnesota OSHA Compliance

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